



# **MAY-PARKER**

## **Weekend Group Exercise Schedule**

UPDATED: 5/1/19

### **Saturday, May 4th**

8:00-9:00am Cycling- Jodeen

9:00-10:00am Zumba/Toning- Emily

### **Sunday, May 5th**

7:30-8:30am-Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba- Emily

### **Saturday, May 11th**

8:00-9:00am Cycling- Brett

\*\*8:00-9:00am Zumba/Toning- Emily

\*\*Special earlier time today only\*\*

### **Sunday, May 12th**

***CANCELLED: MOTHER'S DAY***

### **Saturday, May 18th**

8:00-9:00am Cycling- Brett

9:00-10:00am Zumba/Toning- Emily

### **Sunday, May 19th**

7:30-8:30am Group Power (Strength Train Together)- Julie St

9:00-10:00am Zumba- Emily

### **Saturday, May 25th**

8:00-9:00am Cycling- Julie St.

9:00-10:00am Zumba/Toning- Emily

### **Sunday, May 26th**

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba- Emily